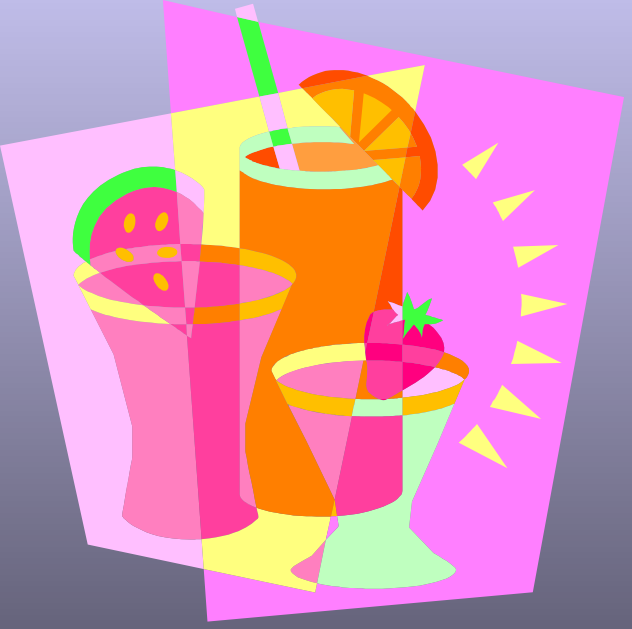

2-6 quarts per day!

HYDRATION

Don’t rely on thirst

DRINK THROUGHOUT THE DAY

DRINK UP!

Make the right choice!

Have fluids on hand

RECOGNIZE THE SIGNS OF DEHYDRATION

NON-CAFFEINATED/NON-ALCOHOLIC BEVERAGES